Tuesday Track Workouts
October – December 2015

Below is the tentative schedule for October through December, 2015. Track repeats are run each Tuesday (most at the Furman University Track). Warm-up begins at the PAC at 12:15pm with repeats typically performed on the track beginning at approximately 12:30pm.

All workouts include a 10 to 20 minute warm-up with easy jogging followed by four 100 meters of drills and strides. After doing approximately 10 meters of high knee lifts, gradually accelerate for 80 meters until you reach approximately 90% of full speed and then decelerate over the final 10 meters. Recover for 30 seconds or less, then repeat in the opposite direction. Repeat the same sequence substituting butt kicks for high knee lifts. A description of these two drills is provided on pages 179 - 182 in Run Less, Run Faster.

Unless specified, use the FIRST Key Run #1 training paces for these workouts (see Run Less, Run Faster pages 66-70). These workouts are different than those in Run Less, Run Faster, you can complete the workouts listed in the book or feel free to try these workouts. The recovery interval (RI), which is indicated in parentheses, may be a specified timed interval or a distance that you walk/jog.

After your repeat workout on the track, a cool down is important. Jog slowly for 10-15 minutes.

NOTE: Check out the workouts (distances and recovery intervals), some of the distances of these workouts are different from “typical” track workout; that is intentional. Hopefully these workouts will challenge you physically as well as your ability to stay focused.

6, October  6 x 300m (1 min. RI); 1 x 1200m (400m RI); 6 x 300m (1 min. RI)
13, October  modified Yasso 800s; 10 x 800m on 5 minutes (start the next 800m repeat every 5 minutes)
20, October  1600m (200m RI), 1400m (200m RI), 1200m (200m RI), 1000m
27, October  5 x 600m (200m jog RI), 5 x 400m (100m walk RI)
3, November  1.5 mile tempo run (at ST pace) followed by a 400m RI, then 3 x 1000m (90 sec. RI)
10, November  6 x 3:00 (90 sec. RI); try to cover the same distance each 3 minute repeat
17, November  2 x 400m (200m jog RI), 2 x 800m (60 sec. RI), 1 x 1200m (90 sec RI), 3 x 400m (200m jog)
24, November  24 x 200n (200m jog RI); this is a continuous run
1, December  4 x1200m (90 sec. RI)
8, December  3 x (4 x 400m); 60 sec. RI after #1, 45 sec. RI after #2, 30 sec. RI after #3; 2 min RI after #4
15, December  1200m (1min. RI), 400m (90sec RI); 1000m (1min. RI), 600m (90sec RI); 800m (1min RI), 800m
22, December  6:00 (90sec. RI), 5:00 (75sec. RI), 4:00 (60sec. RI), 3:00 (60sec. RI), 2:00 (60sec. RI), 1:00; this is a great off-the-track workout if you are travelling for the holiday
29, December  3 x 1600m (60 sec. RI)

TRACK WORKOUT NOTES: The Belk Track at Furman University is a meter track. Most repeat and recovery distances are expressed in meters. The rest / recovery interval is in parentheses and may be either a walk / jog distance or a specified time.